

# SPRING FITNESS CHALLENGE

**April 2 – May 13, 2012**

Goal: 600 points (1 minute = 1 point)

## **BOOST YOUR HEALTH:**

Become more physically active and improve your quality of life.

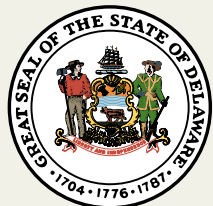
## **Reach The Goal:**

1. Participate in physical activity.
2. Try to be active at least 100 minutes per week.
3. Anything that gets your heart working harder than usual counts.

## **Learn More:**

Visit the DelaWELL Health Portal at  
<https://delawell.alerehealth.com>.

Keep moving and stay healthy!



# FITNESS



*The  
difference  
between  
a goal  
and a  
dream is  
a deadline.  
- Steve Smith*

